

# Montana State University Extension Service Flathead County Newsletter

Oct 2014

Don't miss out on the chance to celebrate your 4-H pride this year with

National 4-H Week - OCTOBER 5-11, 2014

Put your club in the spotlight by reaching out to local media, businesses and organizations and tell them all about 4-H.



# **ATTENTION EVERYONE!!**

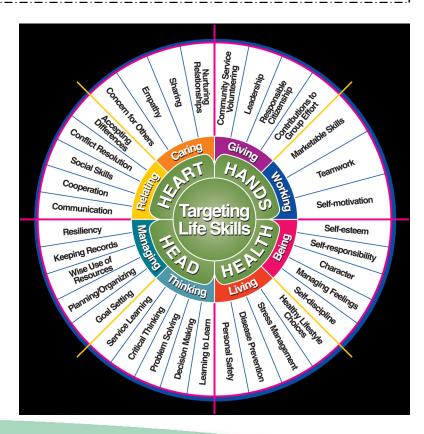
Every year Federal, State & Local decision-makers, stakeholders, newcomers to our county & just plain curious folks ask questions about 4-H in the Flathead. To help them to better understand 4-H and what it means to us all, we're asking you to take a minute or two and consider answering one or more of these questions...

What do I love about 4-H? How has 4-H made a difference in my life? What do the people in 4-H offer their community? How does 4-H programs impact our community? Why is 4-H important? What are some of my favorite memories about 4-H? Who cares about 4-H? and why I think YOU should care about 4-H...

- <u>Anyone & everyone</u> in Flathead County can send in submissions—no matter if they are/were a 4-H member or not. ALL are welcome to submit.
- Submissions can be handwritten or typed, but please be sure name & age on the submission (For those over the age of 21, if you're shy about giving your age you're welcome to indicate "over age 21" on your entry).
  - You're welcome to scan, fax, mail or hand deliver them.

MSU Extension, Flathead County 1108 South Main Street Kalispell, MT 59901 (406) 758-5552 phone (406)758-5881 fax extension@flathead.mt.gov

# 4-H Targets Life Skills



# Attention 4-H Leaders

There will be a "mandatory" training for all 4-H leaders on

# Thursday, Oct. 9<sup>th</sup> from 6-8pm.

in the Earl Bennett Building's big conference room on the 2<sup>nd</sup> floor.

All Org. leaders and Foundation officers, please plan to attend this training. If for some reason you are unable to attend you may send another key leader from your club; however, this meeting is intended for you as an organizational leader or Foundation officer.

Thanks so much for all you do to help our 4-H members and their families!!

# FOODS FAIR PLANNING MEETING

There will be a Foods Fair planning meeting on Weds, Nov 12<sup>th</sup> at the 4-H building on the fairgrounds from 5:30-6:30pm (same night &location Project Interviews).

If your club is planning to participate in foods fair (or thinks that there's even a chance that they will be participating), please send a representative from your club to this meeting.





# Club Treasury Reports are Due to the Extension Office Oct. 28th

All club treasury forms need to be signed by your club treasurer and by two other individuals from two different families to certify that the records are correct.

Please call the Extension
Office at 758-5553 for any questions

# **Enrollment Process for Flathead 4-H Shooting Sports**

Anyone who wishes to register for 4-H Shooting Sports should go to the 4-H Building on the fairgrounds during one of the following dates & times: Saturday, Oct. 4 or Saturday, Oct. 11 – both days between 12 & 4pm.

<u>Returning shooters</u> – whether you already know you're shooting time or not, <u>you need to also go by the fairgrounds</u> during one of the times listed above and complete your enrollment paperwork and pay your 4-H enrollment dues. 4-H Enrollment fees are \$15; Postal fees are \$10 and shooting fees are \$2 per night: \$49 total. If needed, shooting fees can be paid each time they shoot (instead of all at once).

<u>ALL SHOOTERS - new & returning</u> ~~ when you go to the fairgrounds to enroll during one of the times listed above, you will need to sign release forms so be sure to bring a parent or guardian. Kids do not have to attend but parents & guardians must attend in order to sign forms.

ALL SHOOTERS - new & returning ~~~ there will be a 2014-2015 shooting sports orientation meeting on Nov. 17<sup>th</sup> at 7pm in the Expo bldg. on the fairgrounds. All members should plan to attend in order to receive updated information regarding the new shooting year.

The first night of shooting will be on Thursday, November 20th. No one will be allowed to shoot unless all their paperwork has been completed.

There will be no shooting on Thanksgiving. There will be no shooting from Dec. 22-Jan 2. Shooting will resume after the holidays on January 5<sup>th</sup>.

Please call Kristi Davis if you have any questions: 253-4303 davisgka@gmail.com



# Market Livestock Buyer "Thank You" Procedure Following the Sale

Don't forget to thank your award sponsors and your buyers. The success of the Livestock Sale depends on the kindness of community businesses and individuals, and it's important that we thank everyone for their generosity.

If you haven't already done so, you can pick up your photo for your buyer's thank you at the Extension Office. Once a member delivers a "thank you" photo/gift to their buyer, they must return the signed confirmation form to the Extension Office by **December 1**, **2014**.

Feel free to make copies and tell everyone to bring this coupon along with them when they go shopping

On Oct.24th...

# BOOT BARN®

WESTERN & WORK WEAR

## SPECIAL SNEAK PEEK

Thursday, October 24th
—— 4:00 PM - 7:00 PM ————
75 Treeline Rd• 406-755-1577

# **SAVE \$20**

on all regularly priced boots over \$100

# SAVE \$5

on jeans, shirts and hats

Present this flyer at the Kalispell Boot Barn and 10% of all proceeds will be donated to



\*Coupon Code 4H146. Certain restictions apply. See store for details.

# CONGRATULATIONS Linda Stewart!!



During the Montana 4-H Leadership Forum, Linda Stewart was awarded \$100 and the

"Tribute to Volunteer Excellence" Award for the 2013-2014 year.

As a 4-H leader for over 30 years, Linda Stewart has consistently focused on ways to develop new leaders for tomorrow with many becoming some of our strongest leaders of today. Linda no longer has children in 4-H, but she continues tirelessly as the Organizational leader for the Swan River 4-H Club. She is dedicated to the longtime goal and vision of 4-H and strives to make the best better in every instance. Her knowledge of Flathead county's 4-H history is indispensable and her love for 4-H members and families can be seen in all that she does.

During her time as a 4-H leader, Linda has attended countless leader trainings, committee and Foundation meetings. She has held seats on the Flathead County Executive 4-H Board and has been instrumental in maintaining strong leadership for her club's district as well. Linda has also held successful positions in: fashion revue, foods fair, travel, home ec and camp counselor interview committee (just to name a few). She has assisted with developing end-of-year recognition ceremonies and has been a huge advocate for the IFYE program as a host parent and a coordinating advisor. In her spare time, Linda has been the quilting leader, food & nutrition leader and arts & crafts leader for the county for many years. She is also the fair superintendent for the General Projects building at the Northwest Montana Fair, which houses all of the 4-H non-livestock projects for the county.

"I cannot overstate the level of love & dedication that Linda offers to the 4-H program throughout her daily life. She's a wonderful person, a caring mother & grandmother and a fabulous representative for our 4-H program. The positive impact that Linda has had on the lives of so many 4-H members and families is immeasurable." ~ Tammy Walker, Flathead County 4-H Agent

"While all 4-H volunteers should be recognized for their hard work and dedication to the program, Linda stands out because of her ability to remain calm in difficult situations. As crises arise with host families or exchange students, Linda responds quickly and tactfully and, when necessary, will even take kids into her own home. Honestly, it would be very difficult for me to do my job without Linda's help. She, more than any other volunteer to the IFYE program, is committed not only to the work she does, but also to the opportunities the exchange program provides to 4-H families and exchange students." ~ Stephanie Davison, MT State 4-H Program Coordinator for Citizenship, Sustainable Communities and International Programs



### **Project Interviews**

4-H Projects

Once you've completed your project/record books for the 2013-2014 4-H year and your leader has signed-off on your work, you are eligible and encouraged to take part in *Project Inter-*



views. Interviews are given by 4-H volunteer leaders who are excited to hear about your projects highlights and accomplishments.

Pick-up th one-page *Project Interview* application in the office or print from flathead.mt.gov/extension. Applications due Wednesday, November 5<sup>th</sup> to the Extension Office. Interviews will be held in the 4-H Bldg on the Fairgrounds on Wednesday, November 12<sup>th</sup> from 3:00-5:00 & from 6:30–7:30pm.

# CONGRATULATIONS TO ALL OUR 2014 State 44 Horse Show 4-H STATE HORSE SHOW WINNERS!!



<u>Showmanship - 11-13yrs</u> Blayke Foppiano - 5th place Cortnee Anello - 6th place	<u>Showmanship - 14yrs &amp; Up</u> Moriah Probert - 7th place	<u>Yearling Colt-to-Maturity</u> Averie Olson - 2nd place
<u>Yearling Colt-to-Maturity</u> Averie Olson - 2nd place	<u>Bareback Equitation - 8-10yrs</u> Gabriella Johnson - 6th place	<u>Bareback Equitation - 11-13yrs</u> Jenna Nostrum - 7th place
<u>Bareback Equitation - 14 &amp; over</u> Moriah Probert - 4th place	<u>Trail Class - 11-13yrs</u> Blayke Foppiano - 1st place	<u>Trail Class - 14 &amp; over</u> Moriah Probert - 7th place
<u>Trail Class - C2M 2&amp;3/GH 1&amp;2</u> Kyla Johnston - 3rd place	<b>Yearling Trail</b> Averie Olson - 2nd place	<u>Western Horsemanship - Lev1</u> Chloe Erb - 2nd place Hattie Emslie - 4th place
<u>Western Horsemanship - Lev2</u> Megan Tutvedt - 4th place	<u>Western Horsemanship - Lev3</u> Blayke Foppiano - 7th place Brooklyn Underwood - 8th place	<u>Western Horsemanship - Lev7</u> Moriah Probert - 2nd place
<u>Western - C2M 2/GH 1</u> Katie Wilkey - 5th place	<u>Western - C2M 3/GH 2</u> Kyla Johnston - 4th place	<u>Western Walk-Trot Equitation</u> Chloe Erb - 5th place
<u>Western Equitation - 11-13yrs</u> Blayke Foppiano - 4th place	<u>Western Equitation - 14 &amp; over</u> Moriah Probert - 6th place	<u>Ranch Horse - Lev 1</u> Kyla Johnston - 2nd place Matthew Glimm - 6th place
Ranch Horse - Lev 2 Brandon Watne - 6th place	<b>Barrels 13 &amp; under</b> Kyla Johnston - 6th place Jenna Nostrum - 7th	<u>Barrels 14 &amp; over</u> Averie Olson - 3rd place
<b>Poles 13 &amp; under</b> Kyla Johnston - 5th place Katie Wilkey - 8th place	<u>Poles 14 &amp; over</u> Averie Olson - 2nd place	<mark>Short Stirrup - 8-11yrs</mark> Blayke Foppiano - 1st place Hayden Hansen - 5th place
<u>Freestyle Reining - 13 &amp; under</u> Kyla Johnston - 6th place	<u>Freestyle Reining - 14 &amp; older</u> Averie Olson - 4th place Moriah Probert - 5th place	English Horsemanship - Lev2 Tobias Diegel - 8th place
English Horsemanship - Lev3 Cortnee Anello - 4th place	<u>English Horsemanship - Lev5</u> Jenna Nostrum - 3rd	<u>English Horsemanship - Lev6</u> Moriah Probert - 1st place
<u>English - C2M 2/GH 1</u> Katie Wilkey - 6th place	English Equitation - 14 & over Thomas Diegel - 8th place Hunter Hack - 14 & Over Thomas Diegel - 1st place	<u>Hunter Hack - 13 &amp; under</u> Jenna Nostrum - 1st Place Cortnee Anello - 4th place Katie Wilkey - 5th place Tobias Diegel - 8th place



# Upcoming 4-H Meetings and Special Events



# **Upcoming Activities & Other Meetings**

- ♦ **4-H Leader's Training** October 9th from 6-8pm. Earl Bennett Bldg.—2nd floor conference room
- ♦ **4-H Interstate Exchange Meeting** October 15th at 5:45. Earl Bennett Building 3rd Floor Conference Room
- ♦ 4-H State Fall Ambassador Training: October 16-18 in Bozeman.
- ♦ Project Interviews: Weds, Nov. 12th from 3-5pm & 6:30-7:30pm—fairgrounds.
- ♦ Foods Fair Planning Mtg: Weds, Nov. 12th from 5:30-6:30pm—fairgrounds.
- Shooting Sports New Member meeting: Monday, November 17th at 7:00pm in the Expo Bldg on fairgrounds.

# Forums, Committees & Councils

- Ag/Livestock Committee: Thursday, Dec. 4th at 5:30pm in the 4-H Building at the fairgrounds
- Flathead 4-H Foundation: Thursday, Dec. 4th at 6:45pm in the 4-H Building at the fairgrounds
- Horse Committee: Mon, Dec 1 at 5:45pm at the Extension office.

Dear Flathead 4-H members, leaders & families:

The Flathead County MSU Extension Office will be **closed** periodically throughout the month of October due to minimal staff and a number of off-site meetings & trainings.

Flathead County MSU Extension office October schedule:

Month of Oct. – periodic late openings & early closures

Weds, Oct. 8 – closed all day

Mon., Oct 13<sup>th</sup> – closed all day

Week of Oct. 20 – 24<sup>th</sup> – closed all week

If you need personal attention please set up a specific appointment time with Pat or Tammy. Please leave paperwork in basket or leave in mailbox on front of building for confidential information.

Thank you,

Palricia McGlynn Montana State University Agriculture Extension Agent pmcglynn@flathead.mt.gov Phone: 406-758-5554



## Tammy Walker

4-H & Youth Development Agent MSU Extension, Flathead County tammy.walker1@montana.edu (406) 758-5552 phone



### MSU Extension Service - Flathead County

### Patricia McGlynn

Agriculture, Natural Resource & Community Development Extension Agent

### Tammy Walker

4-H & Youth Development Agent

**Dee Dryden-Cooper** Support Staff

Nancy Roberts SNAP Educator

### Address:

1108 South Main Street Kalispell, MT 59901

**Phone:** (406) 758-5553 **Fax:** (406) 758-5881

Email: extension@flathead.mt.gov

Web: <a href="http://flathead.mt.gov/extension">http://flathead.mt.gov/extension</a>

### **State Web Sites:**

www.msuextension.org www.montana4h.org

# SNAP Recipe of the Month



### **Favorite Mac and Cheese**

Makes 6 servings Prep: 10 mins. Cook: 45 mins. Ready in 55 mins.

### Ingredients:

1(8oz) pkg of elbow macaroni 1(8oz) pkg of shredded sharp Cheddar cheese

1(12oz) container of lowfat small curd cottage cheese

1(8oz) container of sour cream 1/4 cup grated Parmesan cheese Salt and pepper to taste

½-1 cup dry bread crumbs

1/4 cup butter, melted

\*\* optional ingredients, see below



### **Directions:**

Preheat oven to 350F. Bring a large pot of lightly salted water to a boil, add pasta and cook until done; drain.

In a 9x13 baking dish, stir together macaroni, shredded Cheddar cheese, cottage cheese, sour cream, Parmesan cheese, salt and pepper. In a small bowl mix together bread crumbs and melted butter. Sprinkle topping over macaroni mixture.

Bake 30 to 35 minutes, or until top is golden. Enjoy!!

\*\* Optional ingredients to add could be ham or Kielbasa sausage, peas and finely chopped onion to make it a one-dish dinner.

### **Nutrition Facts:**

Calories 591 Carbohydrates 45.5 g
Cholesterol 88mg Fat 33.3 g
Fiber 2.5 g Protein 26.8 g
Sodium 720mg

Supplemental Nutrition Assistance Program Education enables young families, single recipients and seniors to learn how to best use their food stamp dollars in providing healthy nutrition for themselves and their families. Adults can sign up for a 6 week course that is fun and provide the basic concepts of good nutrition. The only requirements to join in the classes are: that a person is receiving WIC assistance; either receiving food stamps or are eligible to receive them; or are getting commodity foods. Please call Nancy at the Flathead County Extension office at 758-2448 to sign-up for classes.

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